



North Potomac Senior Center December 2022 - 55+ Programs

Programs Subject to Change Without Notice. Call Center to confirm.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REGISTRATION REQUIRED FOR ANYONE ATTENDING 55+ PROGRAMS AND CLASSES</p> <p>If you live within five miles of North Potomac Senior Center, call 240-773-4805 for information on the FREE JCA bus transportation to/from the Senior Center.</p> <p>To join the Senior Nutrition Lunch Program (SNP) at North Potomac Senior Center or for more information, contact Hsiying Jean Wang, Nutrition Site Manager at 240-773-4805 or email at hsiying.wang@montgomerycountymd.gov.</p> <p>Classes and programs are subject to change. To confirm the status of a class or program, call the Senior Center at 240-773-4805.</p>			<p>1</p> <p>9:45 Zumba Video 10:30 Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:15-2:15 Holiday Craft with Fereshteh 1:00 Dance for Posture (Mandarin) 1-4 American Mahjong with Marsha and Friends</p>	<p>2</p> <p>9:45 Zumba Video 10:00 Ceramic Ornament Painting with Ann 10:45 Dance for Joy and Fitness 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 Beginners Ceramic Painting with Ann 1:00 Holiday Karaoke 2:15 Tai Chi for Beginners with Jun Guo</p>
<p>5</p> <p>9:45 Zumba Video 10:00 Coffee and Chess 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit</p>	<p>6</p> <p>9:30 Seated Aerobics 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 10:45 Bone Builders Class 11:30 SNP Lunch Program 11:55 Bone Builders Class 12:30 Mind Exercises 1:00 Knit & Crochet Group 1:30 Latin Dance Workout 2:00 Linying's Classical Chinese Folk Dance</p>	<p>7</p> <p>9:30 Creative Coloring 9:45 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders Class 11:00 Meditation and Mindfulness 11:30 SNP Lunch Program 1:00 Senior Fit 1:00 Int'l Ballroom Dance 2:00 Persian Workout</p>	<p>8</p> <p>9:45 Zumba Video 10:30 Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 11:55 Bone Builders Class 12:15-1:15 Holiday Craft with Carpe Diem 1:00 Dance for Posture (Mandarin)</p>	<p>9</p> <p>9:45 Zumba Video 10:30 Simple Healthy Cooking w/Rhonda, RD (Fee) 10:45 Dance for Joy and Fitness 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 Driver Safety Tips by Dept of Transportation Rep 1:00 Holiday Karaoke 2:00-4:00 Ballroom Dance Party 2:15 Tai Chi for Beginners with Jun Guo</p>



North Potomac Senior Center

December 2022 - 55+ Programs



Programs Subject to Change Without Notice. Call Center to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 9:45 Zumba Video 10:00 Coffee and Chess 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit	13 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 10:45 Bone Builders Class 11:30 SNP Lunch Program 11:55 Bone Builders Class 12:30 Mind Exercises 1:00 Knit & Crochet Group 2:30 Linying's Classical Chinese Folk Dance	14 9:30 Creative Coloring 9:45 Zumba Video 10:30 Chinese Folk Dance with Ming 10:45 Bone Builders Class 11:30 SNP Lunch Program 1:00 Senior Fit 2:00 Make Your Words Count Game	15 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 10:30 Current Events with Lyle 10:45 Bone Builders Class 11:30 SNP Lunch Program 11:55 Bone Builders Class 12:15-1:15 Holiday Craft with Carpe Diem 1:00 Dance for Posture (Mandarin)	16 9:45 Zumba Video 10:45 Dance for Joy and Fitness 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 Holiday Karaoke 2:15 Tai Chi for Beginners with Jun Guo HOLIDAY EXTRAVAGANZA Tomorrow, Saturday December 17th 3:30-6:30pm
19 9:30 Zumba® Party with Carol 10:00 Coffee and Chess 10:45 Bone Builders Class 11:30 Bring Your Lunch Social with Jai Ho Group 11:30 SNP Lunch Program 1:00 Senior Fit	20 9:30 Seated Aerobics 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 11:30 SNP Lunch Program 12:30 Mind Exercises 1:00 Knit & Crochet Group 1:15 Hanukkah Dreidel Party with Ann 1:30 Latin Dance Workout 2:30 Linying's Classical Chinese Folk Dance 6:30 Scale Modeling Group	21 9:30 Creative Coloring 9:45 Zumba Video 10:30 Chinese Folk Dance with Ming 11:00 Meditation and Mindfulness 11:30 SNP Lunch Program 1:00 Senior Fit 2:00 Make Your Words Count Game JINGLE AND MINGLE with DJ Chrome 2-3:30pm	22 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 10:30 Current Events with Lyle 11:30 SNP Lunch Program 12:15-2:15 Holiday Craft with Fereshteh 1:00 Dance for Posture (Mandarin)	23 9:45 Zumba Video 10:45 Dance for Joy and Fitness 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 1:00 Holiday Karaoke 2:15 Tai Chi for Beginners with Jun Guo

North Potomac Senior Center December 2022 - 55+ Programs

Programs Subject to Change Without Notice. Call Center to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p> <p>CENTER CLOSED FOR HOLIDAY</p> 	<p>27</p> <p>9:30 Seated Aerobics 9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 11:30 SNP Lunch Program 12:30 Mind Exercises 1:00 Knit & Crochet Group 1:30 Latin Dance Workout 2:00 Linying's Classical Chinese Folk Dance</p>	<p>28</p> <p>9:30 Creative Coloring 9:45 Zumba Video 10:30 Chinese Folk Dance with Ming 11:00 Meditation and Mindfulness 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dance 2:00 Make Your Words Count Game 2:00 Persian Dance Workout</p>	<p>29</p> <p>9:30 Yoga for Vitality (Fee) 9:45 Zumba Video 10:30 Current Events with Lyle 11:30 SNP Lunch Program 12:15 Kwanzaa Paint and Sip with Fereshteh 1:00 Dance for Posture (Mandarin)</p>	<p>30</p> <p>9:45 Zumba Video 10:45 Dance for Joy and Fitness 10:45 Bone Builders Class 11:30 SNP Lunch Program 12:30 International Folk Dance Instruction 2:15 Tai Chi for Beginners with Jun Guo</p>



Holiday Extravaganza



Saturday, December 17th

3:30-6:30pm

**Register today. Space is limited.
Active #R003003-203**

